



Agenda for Action

ALOFT is a mutually supportive nonprofit organization that develops intergenerational strategies to enable older residents to remain in their homes & communities in Bedford, Lewisboro, Mount Kisco, North Castle, North Salem, Pound Ridge and Somers.

2007-2008: For entire community: Raised awareness about issues and opportunities through education and discussion as a Livable Communities connection, provided information & referral, organized community development task forces, mobilized home safety & repair resources, and provided intergenerational technology training.

2009-2010: Same as above, plus:

- Launched mutually supportive membership and volunteer opportunities, while expanding member-only benefits with merchants, trips, concerts, lectures, tours both regionally and within each town.
- Obtained grants and other support to develop one call, arm-through-arm regional transportation and mobility management system. Working to increase availability of direct personal healthcare workers, expand home repair staffing and supervision, and raise funds to provide membership subsidies.

In 2007 ALOFT's early planners identified 15 challenges facing older residents who wish to remain in their homes in northeast Westchester. These solutions currently guide ALOFT's work:

- Raising Awareness about the Issues.
- Encouraging Inter-Municipal Shared Services that Lower Costs.
- Improving Access to Personal Homecare Workers and Transition Management.
- Ensuring Access to Reliable Home Safety and Repair Services.
- Increasing Housing Options.
- Encouraging More Intergenerational Social and Cultural Connections.
- Expanding Technology Skills.
- Developing Transportation and Mobility Management Services.

Thank you ALOFT volunteers and contributors!

At this Annual Meeting of 2009, we wish to thank the following volunteers and organizations whose selfless contributions of time, talent, and consideration have helped to further ALOFT's good works during our fiscal year ending 6/30/09. Without you, there would be no ALOFT. Thank you!

Board of Directors (Term Expiration)

Karen Benedict (2009)
Jean F. Coppola (2010)
Joyce Dupee, Vice Chair (2010)*
Ralph Gregory, ex officio as LCC Chair
William Harden (2011)
James Luciano, MD (2011)
Paul Paauwe (2011)
Heather Petre (2010)
Jonathan Powers, Treasurer (2009)*

The Hon. Lee Roberts, Secretary (2009)*
Vicki Schott (2011)*
Barry Singer (2011)
William T. Smith (2009)*
Barbara Taberer (2009)
Jo Voegel, Chair (2010), *
Jeffrey Vreeland (2010)
Rev. William Weisenbach (2009)
Catherine Wynkoop, President (2010)*

* *Executive Committee Members*

Committees of the Board

Membership: Joyce Dupee, Heather Petre, Jo Voege, Vicki Schott, Rev. William Weisenbach.

Program: Vicki Schott, Lee Roberts, Paul Paauwe, Paula Desperito, Sal Vaccaro, Jean Coppola.

Sustainability: Barry Singer, William Harden, James Luciano, Jonathan Powers, Ralph Gregory, William T. Smith.

Livable Community Advisory Council at ALOFT

Albert Annunziata
Joan Arnold
Rina Bellamy
The Hon. Ed Brancati
Cynthia Curtis
Ralph Gregory, Chair
The Hon. Peter Harckham
Virginia Johnson
Ursula LaMotte
Thomas McGrath
The Hon. Mary Beth Murphy
Ernest Osborne
Vivian Shevitz
Barry Singer
Sal Vaccaro
Catherine Wynkoop, Coordinator
Linda Yurus

Livable Community at ALOFT Task Forces

Healthcare Task Force: Grace Cagnetta (RN, Geriatric Care Manager, hospice, homecare), Beverly Golisano (North Salem Seniors), Sharon Krieger (MD, Internal Medicine), James Luciano (MD Geriatric Specialist), Karen Marousek (RN, Professional Geriatric Care Manager, hospice, homecare), J. Sullivan (Geriatric Care Manager), Barbara Taberer (Somers Nutrition), Jo Voege (Geriatric Care Manager), Linda Yurus (Lewisboro Seniors).

Shared Services Task Force: Beverly Golisano (North Salem Senior Programs), Barbara Taberer (Somers Nutrition), Linda Yurus (Lewisboro Senior Recreation).

Smart Growth, Land Use, Housing Task Force: Neil Alexander (Cuddy Fedder, land use attorney), Joan Arnold (A-Home Housing), Donna Camadeco (Bedford realtor), Cynthia Curtis (North Salem Planning), Ralph Gregory, Tony Hoeltzel (Community Housing Resource Center), Tom McGrath (Blue Mountain), Rose Noonan, (Housing Action Council), Barry Singer (At Home in Somers & ALOFT Boards), Josina van der Maas (Pound Ridge Housing Board), Laura Tivoli (Bedford), Jeffrey Vreeland (Lewisboro Housing Board).

Transportation: Virginia Johnson (Westchester Co. Dept of Transportation), Irene Sandford (At Home in Somers), Bea Rieser (FISH scheduling volunteer), Barry Singer (Somers), Deb Tarlow (North Castle), Caryl Weinstein (Westchester Dept Senior Programs & Services).

Thank you to Founding ALOFT Community Affiliates -- local merchants that offer discounts and special benefits to ALOFT members.

Bedford Village Florist Ltd.
Bedford Wine Merchants
Blue Dolphin Restaurant
Katonah Restaurant
Caramoor
Chair Yoga by Marlene Gallagher
CPR: Computer Problem Rescue
Design Lighting by MarkS
Consider the Cook
Eclectic Collector
Fine Lines of Katonah
Greener Cleaner & Tailor
Hair Wharf
Margaret Wilson & Company, Inc.
M. Furman Printing
Mount Kisco Athletic Club
Russell B. Bleakley Plumbing & Heating
Katonah Art & Frame
Katonah Pharmacy
Kelloggs & Lawrence Hardware Store
Katonah Wine and Liquor
Le Fontane Restaurant
Noka and Noka Joe's Sweet Shop
Peppino's Ristorante

Scoops Ice Cream Parlor
Awakenings
Mrs. Monogram
Offerings
Poor Richard's Tiffany
Robin McCormick Jewelry & Design
Cappy's Travel Center
Sassi Salon
Sort & Settle, LLC Senior Move Managers
Spring Hill Kennels

We also wish to thank the following organizations for providing complimentary meeting spaces:

A-Home Housing.
My Second Home/Family Services of Westchester.
The Bedford Free Library.
The First Presbyterian Church of Katonah (Parlor, Library, Classrooms and Fellowship Hall).
Heritage Hills Activities Center, Somers.
Northern Westchester Hospital (NWH)
The Katonah Village Library.
The Mount Kisco Presbyterian Church.
The Mount Kisco Medical Group.
The Pound Ridge Library.
The Somers Public Library.
The Town of Bedford (Supervisor's office, Court, Cherry Street Conference Room, Bedford Hills Community House).
The Town of Lewisboro (Golden's Bridge, Recreation Center, South Salem Fire House).
The Town of Mount Kisco (Fox Center).

And we wish to acknowledge our financial contributors and thank them for their generosity.

Joyce Dupee
Jonathan Powers
Lee V.A. Roberts
Vicki Schott
Anne-Marie Sirois
William T. Smith
Barbara Taberer
Rev. William Weisenbach
Catherine Wynkoop
Martin Yablonski
The Desperito Foundation

The First Presbyterian Church of Katonah
Mission & Outreach
The Center for Aging in Place Support.
The Federal Transit Authority.
The Public Private Partnership on Aging and Westchester County Department of Senior Programs and Services Livable Communities.

Educational Programs FYE 6/30/09

7/15/08 at Lewisboro Parks and Recreation Department, Golden's Bridge Community House. Making Your Home More Energy Efficient featuring Elyssa Roth, Courtney-Strong, Mid-Hudson Smart Communities.

8/7/08 at Fox Center, Mt Kisco, Westchester 2025: How residents will plan with county government on regional land use, traffic & transportation, storm water and other issues of importance to us by Wm. Brady, Associate Planner Westchester Co. Dept of Planning.

9/24/08 at Northern Westchester Hospital, LCC ALOFT Healthcare Task Force Part I of V part series: The Sandwich Generation: How to Avoid a Crisis -- Optimizing Your Visit with the Doctor by Sharon Krieger, MD.

10/22/08 at Northern Westchester Hospital, Part II of V: The Sandwich Generation: How to Avoid a Crisis -- Cliff Notes for Caregivers by Jo Voegel, Professional Geriatric Care Manager.

11/8/08 at Pound Ridge Library, Part III of V: The Sandwich Generation: How to Avoid a Crisis -- 10 Caregiver Tips by James Luciano, MD, Specialist in Geriatric Medicine.

11/19/08 at First Presbyterian Church of Katonah, The Financial Storm, Finding Your Way Through Economic Uncertainty, featuring Hon. Peter J. Harckham and William M. Mooney, Westchester County Association.

1/28/09 at Bedford Hills Community House. Part IV of V: The Sandwich Generation: Where Do We Begin: What to Expect from Providers and Professionals featuring Karen Marousek,

RN, and Grace Cagnetta, RN, Professional Geriatric Care Managers.

2/2/09 at Bedford Free Library. The Older Driver featuring Mary Edgar Herrera of DSPS and Prof. Kathleen Golisz, OT Mercy College School of Occupational Therapy.

3/13/09 at Heritage Hills Activities Center, Somers. Part V of V: The Sandwich Generation: Services Available and How to Access featuring Barbara Taberer (Somers Nutrition), Linda Yurus (Lewisboro Recreation), and Beverly Golisano (North Salem Recreation.).

4/8/09 at South Salem Fire House, Lewisboro. Older Driver Safety: Things to Know, Equipment to Help featuring Eileen Seidell and Lily Chan, Graduate Occupational Therapy Students and CarFit Instructors, Mercy College.

5/7/09 at My Second Home, Mt Kisco. The Project Lifesaver Program -- Free transmitter bracelets to 100 local seniors who suffer from Alzheimer's disease and other forms of dementia and are prone to wandering, featuring Nancy D'Auria, RN, Project Coordinator, Hebrew Home for the Aged.

6/1/09 at Bedford Community House. Senior Crimebusters with County Dept. Consumer Protection Director Gary Brown and others.

6/10/09 at Fox Center, Mt Kisco. US Census What to Know and How to Get Involved.

Special "Helpful Seminars for Seniors" Series at Bedford Free Library, January-February 2009.
Paula Desperito, Coordinator.

- Computers – Sign up for your own half hour of instruction (Joanne Balboni, Dick Ten Dyke, and Catherine Wynkoop).
- Cross Stitch Craft (Julie Rockefeller).
- Everything You Wanted to Know about School Budgets (Jere Hochman, Superintendent of Bedford Central School District).
- Flower Arranging (Maureen Lanning, Bedford Florist).

- Health Insurance: What You Should Know to Make Better Decisions (Jerry Griffith, Bedford Pharmacy).
- Healthy Nutrition Habits (Kathleen Schoen)
- Home Maintenance Strategies through ALOFT (Arthur Weisberg).
- How to be Ready: The Town of Bedford's Emergency Plan (Police Chief Chris Menzel, Sergeant William Hayes).
- How to Find, Fix and Read a Tombstone (Ruth Windsor, Bedford's Cemetery Committee).
- How to Read the Financial Press for Profit (or Less Loss) (Julie Strayer, Morgan Stanley).
- How to Save on Energy Expenses (Bedford Energy Advisory Panel: Mary Beth Kass, Janet Harckham, Mark Thielking, Neil Hudt).
- How You Can Help Save Bedford's Heritage (Lynn Ryan, Bedford Village Historical Society).
- Pulling the Wool over Your Eyes (Shirley Bianco, Maple Grove Farm and Woolworks).
- Readings by Local Authors (Beth Helms, Rita Mercedes).
- Relaxing Chair Yoga (Marlene Gallagher).
- Special Craft Ideas (Gabrielle Burns)
- Strong Support for Older Residents: Gramatan Village & What Bedford is Doing About It (Julie Dalton and Vicki Ford, Gramatan Village; Catherine Wynkoop, ALOFT).
- Take a New Look at Your Home (Margaret Wilson).
- The Older Driver: What We All Need to Know (Mary Edgar-Herrera (WCDSPS), Kathleen Golisz (Mercy College), Ruth Ahearn (Alzheimer's Assoc), Beverly Carter (DSPS), Anna Wyganowski (Dept Public Works)).
- We Really Need Your Help: Where Volunteer Opportunities are Most Needed (Jim Whiting (Meals on Wheels), Geri Rosenfeld (Caregiver Center NWH), Marty Schwartz, (Bedford Lions Club), Shirley Buontendo (Neighbors Link), Ellen Muentner (NWH), Catherine Wynkoop (ALOFT)).

